

How to Complete

Your Weekly Food Diary and Nutrition PAL form

Each week you will complete two forms regarding your dietary intake.

Ornish Weekly Food Diary

List everything you eat and drink each day with accurate amounts. Most foods and beverages fall into one of the categories listed on this sheet. Record each food item under the appropriate category.

Example:

Dietary Intakes for Monday:

Breakfast:

- 1 c. Cheerios
- 1 c. soy milk (4 grams of fat)
- 1¼ c. strawberries
- 1 slice whole-wheat toast
- 1 Tbsp jelly
- 1 c. herbal tea
- 1 packet sweetener

Lunch:

- 1 Boca Burger
- 1 whole-wheat sandwich bun
- 1 c. steamed mixed vegetables
- 1 small apple

Dinner:

- 1 c. mixed vegetable salad
- ¼ c chick peas (in salad)
- 1 Tbsp fat-free Italian Dressing
- 1½ c. whole-wheat pasta
- ½ c. tomato sauce
- ½ c. steamed zucchini
- ¼ c veggie crumbles (in sauce)

Evening Snack:

- 8 oz. fat-free yogurt
- 1 oz. fat-free pretzel sticks

Ornish Weekly Food Diary

Monday Food and Amount

Whole Grains (6+ whole grains)

- 1 c. Cheerios
- 1 slice whole-wheat toast
- 1 whole-wheat sandwich bun
- 1½ c. whole-wheat pasta

Other Grains

1 oz. fat-free pretzel sticks

Vegetables (3+)

1 c. steamed mixed vegetables

1 c mixed vegetable salad

½ c. tomato sauce

½ c. steamed zucchini

Fruits (2-4)

1¼ c. strawberries

1 small apple

Full Fat Soyfood (1)

1 c soy milk

Other Protein Foods (1-3)

1 Boca Burger

¼ c. chick peas (in salad)

¼ c. veggie crumbles

Nonfat Dairy (0-2)

8 oz. fat-free yogurt

Low-Fat foods (0-3)

Sweets (0-2)/ Alcohol (0-1)

1 Tbsp jelly

Free Foods

1 c. herbal tea, 1 tsp sweetener

1 Tbsp fat-free Italian Dressing

Tips for Completing Your Weekly Food Diary

1. List **all** foods and beverages that you eat and drink. If you are not sure what category an item should be listed under, place the item at the bottom of the sheet. (Some foods are “Free Foods,” such as herbal teas and sweeteners. You should still list them on your food diary.)
2. List **all** amounts of the foods and beverages you are eating. You may want to weigh and measure your food servings at first to become more familiar with actual serving sizes, especially if you feel you are eating too much food or struggling to meet the minimum serving requirements.
3. Only **1 SERVING OF A FULL-FAT SOYFOOD** should be consumed per day and should be recorded in the **FULL-FAT SOYFOOD** group. List all low-fat soy products the “Other Protein Foods” group.
4. Boca burgers, veggie burgers, veggie dogs, TVP, veggie crumbles and other meat substitutes should be listed under the **OTHER PROTEIN FOODS** group.
5. Indicate when you are eating a **WHOLE GRAIN FOOD** by writing “whole grain” or “whole wheat.” Be as descriptive as possible when recording foods. Examples of whole grain foods include 100% whole-wheat breads/bagels, brown rice, whole-wheat pasta, quinoa, barley, oat bran, oatmeal and wheat germ. Use WW or WG for abbreviations, if desired.
6. Count potatoes, corn, sweet potatoes, white rice, white pasta, pretzels and white bread as

OTHER GRAINS. Starchy vegetables (like potatoes and corn) are nutritionally similar to grains. Record these foods in your daily food diary. **Do not count these foods as whole grains. Do not count these starchy vegetables as VEGGIES.**

7. List all juices in addition to fresh fruits and vegetables eaten. Whole fruits are always a superior choice to fruit juice due to the fiber in the skin.

8. List beans and legumes should be listed in the **PROTEIN GROUP**.

9. When eating a combination food, break down the food item and put the main ingredients into the appropriate group. For example: tacos made with veggie crumbles, lettuce, tomatoes and soy cheese in a low-fat whole-wheat tortilla. List the amounts of each item and place the items in the appropriate groups:

- Veggie crumbles – ½ c – protein group
- Lettuce and tomato – ¼ c – vegetable group
- Soy Cheese – ¼ c – protein group
- Whole Wheat Tortilla – 1 each – whole grain group

10. Although some desserts are made with whole-wheat flour, oatmeal or other whole grains, these foods are also high in sugar and count as a sweet, not a whole grain.

Nutrition PAL Form

Complete this form after you have filled out your *Weekly Food Diary*. Add up the number of servings from each group and put the total number for each food group in the coordinating box on the *Nutrition PAL Form*. Refer to your sample Nutrition PAL form for an example.

Tips for Completing your Nutrition PAL Form

1. Only **WHOLE GRAIN FOODS** should be totaled in the whole grain column. Do not record refined or white grains on this form; record them on your weekly food diary as “other grains.” Refined or other grains become important in total grain servings consumed when discussing weight loss and total calories consumed.

2. Potatoes are counted as an **OTHER GRAIN** and should not be added to the total of your vegetable servings. A potato is a “starchy” vegetable that has a chemical make-up similar to that of other grains like white rice, white pasta and white bread. Corn is also a starchy vegetable and should be counted as an “other grain” (on your *Weekly Food Diary* and *Weekly Servings of Food Tracking Tool*) not as one of your vegetable servings.

3. Total fruit juices (1/2 cup = 1 serving) with all other servings of **FRUITS** in the fresh fruit column.

4. SOYFOODS:

- You are allowed ONE **FULL-FAT SOY** serving per day.

- You can have additional low fat soy servings, (meeting the 3 grams of fat or less guideline) which will go in the **OTHER PROTEIN FOODS** group. These additional soy servings plus other protein servings must still be within 1 to 3 servings per day.
- Foods such as Boca Burgers, veggie dogs, TVP (texturized vegetable protein) and other meat substitutes do not count as soy products. While these foods may contain some soy protein, they are more processed and should not be counted as a “Full-Fat Soy.” These foods are counted in the **OTHER PROTEIN FOODS** group.

5. Count fat-free frozen yogurt and fat-free ice cream as **SWEETS**.

6. Appropriate serving sizes for a variety of foods are listed at the back of the Nutrition PAL form. If one of your health goals is to reach and maintain a healthy body weight, portion control is important. Even healthy foods can contribute to weight gain if eaten in excess. Balance your food choices and portion sizes with the recommended minutes of exercise each week to reach a desirable body weight.